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Grow-op linked to Hells Angels

Investigators say 'complex operation' cut into natural-gas lines and was guarded by pit bulls. Pit bulls and chihuahuas. PAGE 5

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DID THE MAN POLICE SHOT HAVE A KNIFE?

SIU INVESTIGATING AFTER OTTAWA COPS SHOOT MAN IN ORLEANS PAGE 3

NEW KIDS BLOCKED?

The New Kids On the Block, seen here performing at the 2008 MuchMusic Video Awards, were given an extra day of rest before their Ottawa show after their trailer was held up at the Canadian border, causing Tuesday night's concert to be postponed until Wednesday. Concert promoter Live Nation Ontario said in a statement that the production crew was delayed as it entered the country from the U.S. and it didn't have enough time to set up for the concert. Live Nation said tickets purchased for Tuesday's show would be honoured Wednesday at Scotiabank Place at 7:30 p.m. Jordan Knight tweeted, "Desperately needed this day off...phew!" after news started to spread about the postponement. AARON LYNETT/TORSTAR NEWS SERVICE

Watson explains casino flip-flop

Side bets. Mayor says he thought Ottawa could have two gambling spots

ALEX BOUTILIER
alex.boutilier@metronews.ca

Mayor Jim Watson says he was operating under the assumption Ontario Lottery and Gaming would consider two gambling facilities in Ottawa.

That assumption was dashed with a May 2 letter from former OLG chair Paul Godfrey, the mayor's office says, leading to Watson's motion requesting the Rideau Carleton Raceway be named the only acceptable site for expanded gambling in the nation's capital.

"I thought there would be some willingness, in conversations that I had with Mr. Godfrey, that they would entertain a second, either a satellite or a standalone operation, for the slots at Rideau Raceway," Watson told reporters Tuesday.

Watson drew parallels to the two casino zones near Toronto, where Woodbine racetrack was treated as a separate entity to a proposed downtown casino. In Godfrey's letter, he outlined for Watson how OLG drew up the zones, and reiterated satellite sites would not be considered.

Godfrey's ouster from OLG last month does not appear to have altered the gambling organization's opinion. In an emailed response Tuesday, OLG spokesman Tony Bitonti reiterated satellite sites aren't in the organization's "modernization" mandate. The response was almost verbatim to the May 2 letter received by Watson's office.

Watson's new-found desire to limit expanded gambling to the Albion Road racetrack drew the ire of Ottawa Senators owner Eugene Melnyk Tuesday, who sent an open letter to the press criticizing the motion.

Melnyk, calling himself an "avid horseman," said Watson's motion essentially sole-sourced the casino's location.

"Clearly, I believe Senators Sports & Entertainment has the potential to play a significant role in the future of Ottawa's casino," Melnyk wrote.

Council will debate Watson's motion in July.

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Lansdowne Park. City manager gets new powers

Ottawa's finance committee signed off on expanding the city manager's authority to execute parts of the Lansdowne Park redevelopment project with the Ottawa Sports and Entertainment Group Tuesday.

If approved by council, the move would grant city manager Kent Kirkpatrick the authority to give the city's consent for requests from OSEG within the parameters of the legal and financial agreements approved by council last year.

Kirkpatrick said the move was necessary, given the tight timelines for the project.

City manager Kent Kirkpatrick METRO

The first project on Kirkpatrick's plate will be the construction of retail and office buildings.

Minto, whose CEO sits on OSEG's board, has been recommended for the project.

ALEX BOUTILIER/METRO

Gatineau. Cop acquitted of sexual assault

A Gatineau police officer with a history of disciplinary hearings was acquitted of sexual assault against a 20-year-old woman in a Gatineau court Tuesday.

A 21-year veteran with Gatineau police, officer Jeffrey Greetham was charged with sexual assault June 13, 2011, for events alleged to have taken place while he was off duty.

"Although this acknowledgment officially put an end to judicial proceedings in criminal law, Mr. Greetham shall remain in administrative withdrawal as disciplinary proceedings are completed," said a written statement by Gatineau police.

The department dismissed Greetham in February 2011 after a separate disciplinary hearing found him guilty of "improper conduct" relating to incidents that took place between April 21 and May 1, 2010.

He is still tangled up in the fallout, though, as police issued an application for judicial review of the decision of the Administrative Court of Quebec, which said Greetham should be reinstated after the criminal case. GRAHAM LANKTREE/METRO

Batter up! City needs new stadium tenant

Renovations.
Ottawa Stadium needs between $10M-$30M worth of work: Staff

At least one team is poised to bid on a chance to play at a renovated Ottawa Stadium, according to the city's top bureaucrat.

City manager Kent Kirkpatrick told councillors Tuesday there's one baseball team waiting to make a serious bid to relocate to Ottawa for the 2015 season.

Kirkpatrick was speaking at a meeting of the city's finance and economic development committee Tuesday, where councillors recommended the city move forward with a tight timeline to find a new tenant for the stadium.

"I believe there will be at least one substantial proposal that the city will receive," said Kirkpatrick. "And we're hopeful, we believe, that the process we're recommending today will result in more than one."

If council approves the plan, city staff will issue a request for "best offer to lease" proposals with the aim of securing a tenant by November 2013, for the 2015 baseball season. The city has signalled a desire for a team affiliated with a professional organization.

Before the city can attract an organization of that calibre, however, staff estimate between $10 million and $30 million will need to be spent to renovate the stadium. Council had previously approved $5.7 million for life-cycle costs.

The committee recommended council approve $50,000 for interim maintenance to the stadium this year.

The city revealed last week that, after over a year of negotiations, talks had fallen through between Ottawa and Beacon Sports to lease the stadium for long-term baseball use.

Mayor Jim Watson said while the attempt was unsuccessful, the city learned valuable lessons. "For us to simply wave the white flag and give up I think would be the irresponsible thing to do," he said.

The Ottawa Stadium needs millions of dollars of renovations and is without a tenant after a failed attempt to attract a minor-league team. SEAN MCKIBBON/METRO

"We've got to go back out and try again, which is this proposal, or we're stuck with the conundrum of what do we do with an empty stadium with no tenant."

ALEX BOUTILIER/METRO

Ottawa

Cops issue warrant for pharmacy robberies

Police issued an arrest warrant for Andrew Harper, 27. HANDOUT

Ottawa police have issued an arrest warrant for an Ottawa man believed to be behind two May 11 pharmacy holdups.

Police say Andrew Harper, 27, has been charged with two counts of robbery and two counts of breach of probation, but his whereabouts are unknown.

According to police, a man entered a pharmacy in the 400 block of Richmond Road just before 2 p.m. and presented a note demanding prescription drugs, but he fled the scene empty-handed. At about 3:40 p.m., police said the same suspect entered another pharmacy in the 500 block of Montreal Road and presented a note demanding prescription drugs. He fled the premises empty-handed as police arrived after having been notified.

Police describe Harper as white, about 180 pounds, five-foot-11, with blue eyes and light brown hair.

Anyone with information with respect to the robbery, Andrew Harper's whereabouts, or any robbery, is asked to contact the robbery unit at 613-236-1222 ext. 5116, Crime Stoppers at 613-233-TIPS or toll free at 1-800-222-8477.

JOE LOFARO/METRO

Credit, debit charges

Committee suggests fee hike

The City of Ottawa's finance committee is recommending council approve a small hike on debit- and credit-card transactions more than $25. The fee hike — about two per cent — is meant to cover the cost for processing debit and credit payments at city service centres. ALEX BOUTILIER/METRO

City hall

Carnival to show 'cultural face'

Marion Dewar Plaza will transform into a cornucopia of diversity this weekend in celebration of Ottawa's annual Carnival of Cultures, which is marking its 20th anniversary with 400 performances. The carnival will highlight countries like Bulgaria, El Salvador, India, Lebanon, Russia, Venezuela, and Zimbabwe.

Susan Novo performs inside city hall on Tuesday. JOE LOFARO/METRO

For details visit carnivalofcultures.com. JOE LOFARO/METRO

Software solutions

City looks better emergency management

The City of Ottawa is looking to improve on its emergency-management system and save a few dollars at the same time.

The city put out a request for information last week for software to integrate its emergency-management systems.

Pierre Poirier, the city's chief of security and emergency management, said the systems are already integrated — but changes in technology over the last five years leads him to believe they can do things both better and cheaper.

The city spends about $100,000 per year on its emergency-services software. The current system has been in place for the past five years. ALEX BOUTILIER/METRO

SIU called in. Police shoot man said to have wielded a knife, been hit by car

Police cruisers sit at the scene of a shooting on the northbound lane of Tenth Line Road, in front of a home at 1935 Tenth Line Rd. MIKE CARROCCETTO/FOR METRO

Ontario's Special Investigations Unit is investigating a chaotic scene that played out on Tenth Line Road Tuesday evening after police twice shot a man who reportedly was trying to escape and was — according to unconfirmed reports — wielding a knife.

Police said in a news release that around 6 p.m. patrol officers responded to a call that "resulted in a man being injured in a shooting."

Police said the 20-year-old man was taken to hospital and no officers were injured.

The incident happened near Innes and Tenth Line roads. The area around the investigation was closed to traffic in two locations: at Des Epinettes Avenue and Tenth Line Road and at Tenth Line and Innes Road northbound.

Police cordoned off an area around a Toyota Corolla with a smashed windshield in the parking lot of a mall near the corner of Des Epinettes Avenue and Tenth Line Road.

Several hundred metres away, a second crime scene was cordoned off on the northbound lane of Tenth Line Road out front of a house at 1935 Tenth Line Rd.

It does not appear that the house was involved in the incident, although police are reported to have evacuated the occupants.

Sources said the man who was shot was struck by the Corolla.

One neighbour, who only gave his first name, said he heard two loud bangs shortly after 6 p.m.

"My friend thought it was fireworks," said Jeremy, 15.

"His friend was scared to go biking home alone after," his mother recalled.

SEAN MCKIBBON/METRO, WITH FILES FROM JOE LOFARO AND MIKE CARROCCETTO

Staff from the University of Ottawa's faculty of medicine lead families of people who donated their bodies at the Pinecrest Cemetery on Tuesday. GRAHAM LANKTREE/METRO

A final gift of life

Lost lives saving lives.

University sees more people donating their bodies to medicine

GRAHAM LANKTREE
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More and more people are donating their bodies to science than ever before, and it's giving University of Ottawa medical students a better chance to save lives, said researchers as they laid to rest 105 people who gave themselves to the school.

"In the past few years, we have seen a rise in body donations," said Claudine Seguin, donation co-ordinator with the university's faculty of medicine. In 2012, the school saw 82 donations — up from 73 in 2011 and just 48 in 2010.

Many donate because others in their family have done so in the past, but Seguin said with increased media coverage of the program they have noticed a rise in donations and interest.

Nineteen-year-old cancer patient Misha Garcia donated his body in 2009 after a two-and-a-half-year battle with brain cancer, said mother Josee Bradley. The disease left Garcia paralyzed before he died, yet he was still able to finish his psychology degree at the university.

Garcia decided to donate his body after a stay at Roger's House, where a social worker told him about the program.

"It was definitely yes. He didn't even think about it," said Bradley.

Medical residents regularly come into the school to refine their surgical skills, said Siddhi Mathur, a second-year student with the university's faculty of medicine. From ER trauma doctors who reconstruct bodies after accidents to surgeons who remove inflamed appendices, they all learn to perform medical procedures safely and skilfully by learning from donated bodies, Mathur said.

"At first it's a little scary. You're like, 'Wow, these are people, this is someone's family,'" Mathur said. She added that tissue samples are also taken for research into disease. "It really helps us perfect medical training. Once you see it, you learn it, you understand it."

Delayed goodbye

"It was worth every minute of it to know my son gave back to other people."

Josee Bradley, who said it was very hard to wait a year before her son's ashes were returned.

Peerless pizza pies parked at the plaza

Leo Raguseo didn't have a splashy launch at city hall when he opened his food truck Pizza e Panini last month, but news is spreading fast about the pop-up, wood-burning vehicle parked at the Richmond Plaza in Westboro.

"It's unbelievable. The people here, they're like viral. They tell everybody everything," said Raguseo, a native of Montreal.

He rolled into Westboro with his coworkers just before the food-truck craze heated up, seeing 18 trucks and carts launch last May.

Pizza e Panini owner Leo Raguseo with a prosciutto, arugula and bocconcini pizza. JOE LOFARO/METRO

As the name suggests, the food truck serves four different kinds of thin-crust pizza and two varieties of panini. It's all cooked in about a minute next to 650-degree F logs.

A pizza ranges from $7.50 to $8.50, and a panini, from $7 to $8.

The pizza tastes and looks like what you would get at a restaurant in Florence.

"I didn't want to make a product that you just ate because you're hungry. I want you to be craving it in the middle of the night," Raguseo said.

JOE LOFARO/METRO

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One of Canada's fastest rising South Asian comedians
thesouthasiancomedyshowcase.com
MirchMasala Radio

Turkey softens tone over protests

Fatality. 22-year-old man died during anti-government protest in Antakya city near border with Syria

A protester sleeps in Istanbul's Taksim Square on Tuesday. Turkey's protests initially began over the fate of Taksim Gezi Park, one of the last significant green spaces in the centre of the city. URIEL SINAI/GETTY IMAGES

Turkey's deputy prime minister offered an apology Tuesday for the government's violent crackdown on an environmental protest, a calculated bid to ease days of anti-government rallies in the country's major cities.

The message was a bit mixed, however, as hundreds of riot police deployed with water cannons around the prime minister's office in the capital of Ankara.

Bulent Arinc, who is standing in for the prime minister while he is out of the country, said the crackdown was "wrong and unjust."

Yet the impact of his statement was unclear. Prime Minister Recep Tayyip Erdogan, who is visiting Morocco, Algeria and Tunisia, has undermined previous statements by his ministers and has dismissed the protesters as a fringe minority stirred up by the opposition.

Tens of thousands of mostly secular-minded Turks have joined anti-government rallies since Friday, when police launched a pre-dawn raid against a peaceful sit-in protesting plans to uproot trees in Istanbul's main Taksim Square. Since then, the demonstrations have spiralled into Turkey's biggest anti-government disturbances in years. THE ASSOCIATED PRESS

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State wiretaps

UN expert wants tighter scrutiny

The United Nations's investigator on freedom of expression called Tuesday for closer scrutiny of government wiretapping efforts around the world.

Frank La Rue said states should publish data on the kind of phone and Internet surveillance they conduct, and the subjects of them should have the right to be notified afterward. Individuals should also have the right to use encryption technology. THE ASSOCIATED PRESS

Big squanders

Americans waste 1/3 of their food

Americans throw away more than a third of the food they buy — almost $400 US a year per person.

The Agriculture Department said it will work to make it easier for companies to donate misbranded meat, test out a composting program, and increase donations of food that may get discarded. THE ASSOCIATED PRESS

Internal emails

U.S. missile crews have low moral?

Nuclear missile officers with the U.S. air force's 91st Missile Wing in North Dakota are complaining of morale-sapping pressures, according to internal emails. Key themes include working under "poor leadership" and being stuck in "dead-end careers" in nuclear weapons. THE ASSOCIATED PRESS

VIA Rail

Union preparing to go on strike

The Canadian Auto Workers union and VIA Rail are conducting marathon negotiations to avoid a strike deadline set for next week.

The union, which represents 2,000 customer-service, onboard-service and maintenance workers, and VIA have set a deadline of June 14, 12:01 a.m. Contract talks have been ongoing since October. Union members voted 94 per cent in favour of a strike. THE CANADIAN PRESS

Queen's crowning moment

Catherine, Duchess of Cambridge, chats with Prince Harry as Britain's royal family gathered at Westminster Abbey in London, England, Tuesday for a ceremony of pomp and prayer to mark the 60th anniversary of the coronation of Queen Elizabeth II.

ANTHONY DEVLIN/WPA POOL/GETTY IMAGES

Pawsitive move. Furry refugees from Lebanon to call Windsor home

A local non-profit is helping dogs from an overcrowded shelter in Beirut find welcoming families in Windsor.

For the Love of Paws, in partnership with Hopeful Hearts Dog Rescue in Ottawa and Beirut for the Ethical Treatment of Animals (BETA), is set to receive eight dogs from the Lebanese capital. "In our organization, we always felt that if there was a need somewhere, we would lend a hand," said John Dunn, a For the Love of Paws volunteer.

According to Dunn, the "unstable situation" in Lebanon takes its toll on animals as well as humans. Pets are abandoned as families move or are displaced, and many animals in BETA shelters have been victims of abuse.

"This is officially the worst period the animals have witnessed in the history of this organization," reads a December post on BETA's website. "As sad as it is, we see animals shot, burnt, dragged by cars and abused on daily basis … but we have never seen so many animals being abandoned in so little time."

The influx of abandoned animals has taxed BETA's shelters, Dunn said.

This is one of the eight dogs that will be flown from Beirut on June 15. CONTRIBUTED/FOR THE LOVE OF PAWS

"They're in a shelter that at any given time has 350 dogs. They deserve a chance to have a family and not just a few people who feed and take care of them," he said.

The dogs will be flown from Lebanon to Montreal on June 15, before being taken to Ottawa and picked up by volunteers the following day. Four of the eight dogs will be taken to Windsor, and after a brief stay in foster homes, they will be put up for adoption.

For more information, visit fortheloveofpawsanimalrescue.com. LUKE SIMCOE/METRO

Marijuana in the U.S.

Possession arrests higher for blacks despite equal use

Black people are arrested for possessing marijuana at a higher rate than white people, even though marijuana use by both races is about the same, the American Civil Liberties Union reports in a new study.

The analysis of federal crime data, released Tuesday, found marijuana arrest rates for blacks were 3.73 times greater than those for whites nationally in 2010. In some counties, the arrest rate was 10 to 30 times greater.

The report comes as Colorado and Washington just legalized adult possession of small amounts of marijuana.

THE ASSOCIATED PRESS

El Salvador

Woman denied an abortion recovering after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

Her baby girl was born without a brain and died five hours after the woman had a C-section Monday.

The woman, known only as Beatriz, underwent the operation after 27 weeks of pregnancy.

THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, the government leader in the Senate, introduced a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

The NDP put forward another motion calling for funding to the Senate to be cut off as of July 1 — what NDP Leader Tom Mulcair referred to as a Canada Day "gift."

THE CANADIAN PRESS

Cops bust underground pot crop

B.C. grow-op. Disguised bunker containing 430 plants, industrial generator linked to Hells Angels, police say

EMILY JACKSON
Metro in Vancouver

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000 block of 56th Avenue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a nearby natural-gas pipeline to power the elaborate bunker system with an industrial-sized natural-gas generator worth about $100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-op the CFSEU-BC has dismantled in the past two months. While police don't believe the Langley operation is connected to the Mission, B.C., operations disguised as horse paddocks they busted last month, they think both are linked to the Hells Angels.

Industrious crime

"The lengths that the people constructing these types of grow-ops will go to are alarming."

CFSEU-BC spokesman Sgt. Lindsey Houghton, in a statement

The inside of a marijuana grow-op found in Langley, B.C. CONTRIBUTED/CFSEU-BC

Colorado judge accepts Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre-shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted James Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die. The judge also granted prosecutors access to a hotly contested notebook that Holmes sent to a psychiatrist shortly before the July 20 rampage, which left 12 people dead and 70 injured in a bloody, bullet-riddled movie theatre in suburban Denver.

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

People who allegedly trafficked industrial quantities of illegal erectile-dysfunction pills into Canada are facing the prospect of jail time.

Two men are accused of bringing in hundreds of thousands of contraband pills made in China and selling them across Canada.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against 12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

The border-services agency announced Tuesday it is laying 37 charges against the two Montreal men under the Customs Act, the Food and Drugs Act and the Criminal Code.

The most serious of the charges against the men, selling contraband, carries a maximum $500,000 penalty and up to five years in prison.

Authorities say the investigation was launched in 2011 when agents found 130,000 oral strips at Montreal's Trudeau airport. Then, a year later, it says it also found 120,000 pills and capsules, and packaging materials, at the head offices of Elmaleh's businesses.

THE CANADIAN PRESS

Lots of happy women?

120,000

Police allegedly found 120,000 erectile-dysfunction pills and capsules at the head offices of Elmaleh's businesses.

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

City council member Ritu Tawde said she proposed the mannequin ban because such displays degrade women and could provoke men to attack them.

Indians have increasingly demanded stronger protections for women since the gang rape and killing of a student on a bus in the capital of New Delhi in December.

"Such people get provoked by mannequins. After all, a mannequin is a replica of a woman's body. That's why I oppose it, because mannequins do not suit Indian culture," Tawde said. However, shop owners will still be able to display mannequins how they want inside their stores, she said.

THE ASSOCIATED PRESS

Tourist gang-raped

An American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said.

- The 30-year-old woman was picked up early Tuesday morning by men in a truck as she was hitchhiking back to her guest house after visiting a friend, police officer Sher Singh said.

Pace of debt accumulation slows

Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

Personal finance. Data shows largest quarterly drop in non-mortgage debt since 2004

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

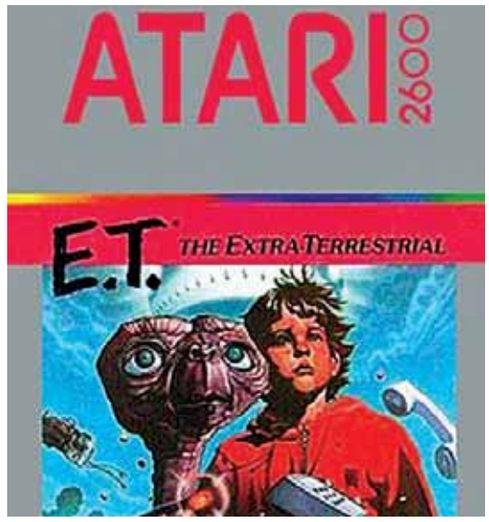
The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to $26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice-president Thomas Higgins says while the fall-off was significant, it is still too early to declare a trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

The Bank of Canada has welcomed the general trend to more frugal finances among households, particularly in mortgages, which make up for the vast majority of debt held by Canadians.

THE CANADIAN PRESS



Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, the E.T. video game, is thought by some gamers to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to $25,000 a day on companies that don't remove unsafe consumer products from their shelves. Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine.

Non-profits will face daily penalties of about $5,000, but other firms could face much higher fines depending on their track record. However, Aglukkaq says most companies voluntarily comply with recalls.

THE CANADIAN PRESS

Market Minute

DOLLAR 96.67¢ (-0.63¢)

TSX 12,593.97 (-15.83)

OIL $93.31 US (-14¢)

GOLD $1,397.20 US (-$14.70)

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DENY MILK FOR GREENER PASTURES

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like Baywatch and The Cable Guy. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
- Learn the five sexual myths that keep women single
- Determine when to begin the onset of sexual activity in a new relationship
- Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is.

The secret: No sex for the first 30 days. As far as I can tell, she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear

SWNS

Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff. METRO

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," spoil.rs masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including time-frames in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter

@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasantries of making people sick and kill them outright, put the KFC double down between 2 donuts

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SCENE 2

Paid to be unemployed: when actors get naked

The Internship. Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy

IN FOCUS
Richard Crouse
scene@metronews.ca

Owen Wilson, left, and Vince Vaughn star in The Internship, which opens this weekend. HANDOUT

The new buddy comedy The Internship pairs Owen Wilson and Vince Vaughn for the first time since 2005's Wedding Crashers.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In Lost in America, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insulting his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg on a Las Vegas stop over they reenter the work force as a crossing guard and manager at a Der Wienerschnitzel restaurant, respectively.

As the movie ends they hit the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in Glengarry Glen Ross.

Encouragement comes in the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales contest offering three prizes.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, The Full Monty is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

Get hungry

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie The Internship.

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Barenaked Ladies rediscover goofy side with new album, Grinning streak

Music. Band's previous album came amid a stormy time

Barenaked Ladies' Ed Robertson, left, and Tyler Stewart pose for a photo in Toronto as they promote their new album, Grinning Streak. CHRIS YOUNG/THE CANADIAN PRESS

The Barenaked Ladies' last album, 2010's All in Good Time, followed a dark period for the band and it showed: the usually light-hearted popsters swapped congenial hijinks for sombre self-reflection, which even extended to the album's starkly monochromatic cover.

Everything about their new album, Grinning Streak, indicates that the group has re-embraced the goofy, freewheeling side it temporarily left behind following the departure of founding member Steven Page, even while retaining some of the maturity of their previous album.

"You could not ignore the events that happened (before All in Good Time)," drummer Tyler Stewart said in a recent interview at a Toronto diner, seated next to frontman Ed Robertson.

"It was our first time as a four piece. You couldn't ignore the fact that we needed to redefine ourselves. There's still some fun stuff on All in Good Time, but there's also some emotional stuff — dealing with a breakup essentially.

"So I'd say that the hopefulness is definitely back on this album."

Indeed, the new record — it hit stores Tuesday — features a number of breezy, feel-good tunes with a quirky streak. Odds Are finds Robertson gearing up almost to One Week speed for a cheerfully melodic tune about the general unlikelihood of various disasters, Smile is a sunny blast of acoustic guitar-driven nostalgia while Did I Say That Out Loud? is a snappy stomper with sweet lovelorn lyrics.

In fact, many of these tunes feature an upbeat perspective on love — one that's surprisingly up-front for the typically sly Robertson, who often wraps such sentiment in metaphor or irony. Robertson nods in acknowledgment when asked whether this record marks a more direct lyrical approach.

"I wasn't afraid to put my heart fairly firmly on my sleeve on this record," he said. "I think I've kind of made career out of being a little bit cagey and using a lot of metaphors and skullduggery.

"But I wanted to write some really sincere, direct songs on this record, and enjoyed doing that. It was an emotional process and a really rewarding one.... I wasn't afraid to write some things that were a little closer to home."

It seems, then, that Grinning Streak is perhaps a better indicator of the new-look Ladies than their previous record, which was issued right in the midst of several storms.

First, there was the departure of Page — said to be mutual — after the bespectacled singer with the impressive vocal range was involved in a high-profile cocaine bust (the charges were later dropped). Meanwhile, Robertson endured the death of his mother and was involved in a small plane crash outside Bancroft, Ont.

Grinning Streak still probes some of those wounds but from a different, more hopeful perspective than was possible three years ago.

THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News.

"They are just hanging out," a source says.

"They are not putting a label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.

Twitter

@NiallOfficial
Came in last night! Jumped on my bed and broke it! So had to sleep on the couch! not the best nights sleep I've ever had

@TheRock
AM cardio. Sweatin' like there's a hell hound on my trail. (don't know what a hell hound is but it's a cool Clapton song).

@MarkDuplass
Fellow screenwriters, let's vow to never again write the "They settle into their new, unfurnished apartment with chinese takeout" scene.

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.

"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."

Al Pacino

Don't say Pacino never did anything for you, Bruce

If Al Pacino is to be believed, he could have been Han Solo. The Oscar winner says he nearly starred in some of the biggest franchise-starters in Hollywood history but decided to turn them down.

"Star Wars was mine for the taking, but I didn't understand the script," Pacino told an audience in London, according to the Evening Standard.

He also claims he turned down the lead role in Die Hard that eventually went to Bruce Willis. "I gave that boy a career," Pacino said.

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Hats off to Panama!

Country of contrasts. This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO CARNEIRO
life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

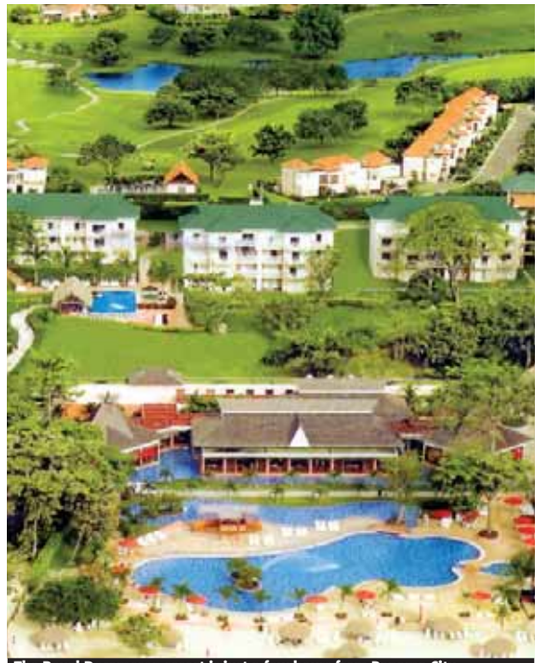
Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to the Embera Indigenous Community range from $55 to $90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlantic oceans.



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

Ultra-modern architecture dots Panama City's skyline. FERNANDO CARNEIRO/METRO

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach.

Ten restaurants, a spa and various swimming pools make exploring this large resort fun for days.

Nightly shows and a disco are a good way to cap a busy day.

Getting there

Nolitours offers flights through Air Transat to Panama City and various packaged vacations.

Canadian influence

Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in $1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100.

At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

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Myrtle Beach is the heart of South Carolina's $16.5 billion tourism industry. It's in the centre of a 100-kilometre reach of beaches that attracts more than 14 million visitors a year to dozens of golf courses and hundreds of restaurants. And there's shopping at hundreds of stores. But there's a lot to do for free, too.

STORY AND PHOTOS: THE ASSOCIATED PRESS

5 Free things to do in Myrtle Beach

The beach

This is the reason people come to Myrtle Beach. In South Carolina, the beaches are public and there are regular beach access points. Some areas have lifeguards and some have umbrellas and chairs for rent, but all you really need is a beach blanket and a cool drink. If you bring a pet, check local regulations for hours when dogs can be on the beach.

The boardwalk

The boardwalk runs along Myrtle Beach's oceanfront business district. Just over 1.6 kilometres in length, it was completed three years ago at a cost of more than $6 million. It's a great place to wander along the shore without getting your feet sandy or to just sit and watch people enjoy their summer escape. At sunset you can watch the oceanfront SkyWheel, the tallest ferris wheel in the eastern United States, spin lazily, illuminated by a million LED lights.

Free concerts and kids stuff

Summer means a lot of free entertainment. In Plyler Park, just off the boardwalk, the Hot Summer Nights series of free concerts and other events runs this year from now to Aug. 31. On Mondays there are free kids carnivals, with concerts from reggae to rock and country to Dixieland other nights of the week. Every Wednesday there are fireworks over the ocean.

Art museum

If you want to get out of the sun for a bit, stop by the Franklin Burroughs-Simeon Chapin Art Museum. Admission is free, but donations are always accepted. Located on the south end of Myrtle Beach, part of the structure is an almost 90-year-old beach house moved to its present location about 30 years ago. The museum has 10 galleries and an art studio for workshops.

Conway and the River Walk

Conway, located 24 kilometres inland from Myrtle Beach, is the old tobacco town dating to the early 1700s that millions simply drive past rushing to the shore. But you may want to slow down and stop. The historic district includes almost three dozen National Register of Historic Places sites. The city's scenic River Walk connects to the business district and runs along the gently flowing Waccamaw River, a great place to cool off on a sultry South Carolina afternoon.

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Trip tips

Hit the road this summer

ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspe region offers a scenic shore-hugging drive through silver-steepled villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The best way to see Canada? In a car, of course. ISTOCK

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidecar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and their treasure.

The tools of the geocaching trade. THE CANADIAN PRESS

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

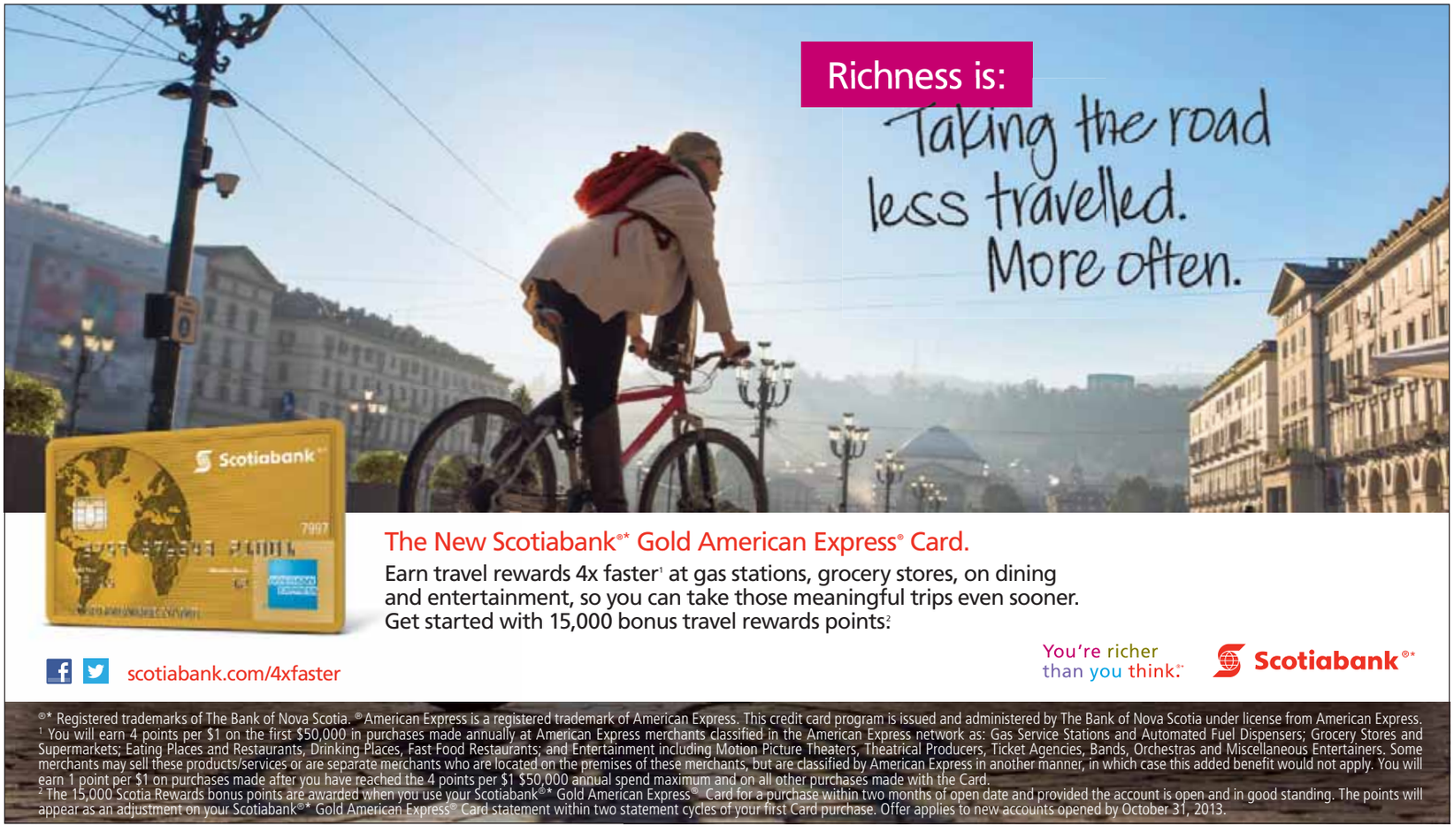
Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business.

"Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

THE CANADIAN PRESS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Mango Salsa Over Vermicelli: Sweet and savoury mash up

This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Nutritional analysis

Per serving: 265 calories, 6 g protein, 3 g total fat, 1 g saturated fat, 44 g carbohydrates, 6 mg sodium, 0 mg cholesterol, 3 g fibre

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe mangoes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

Stuffed Pork Chops

1. Soak toothpicks in water 10 minutes, to prevent from burning when cooking the pork.

2. In saucepan on medium-high heat, reduce balsamic vinegar and honey for 15 minutes, until it is a syrupy texture and the liquid has reduced to approximately 2/3 cup. Set aside.

3. In bowl, combine cheese, apples, juice, onions and thyme. Add drizzle of olive oil and pinch of salt; mix well.

4. Season pork chops with salt and pepper to taste. Place 2 to 3 tbsp (30 to 45 ml) of stuffing on each pork chop and close with toothpicks. Cook on grill over medium heat 7 minutes on each side. Serve with skewer of mixed grilled vegetables drizzled with balsamic reduction. NEWS CANADA/ SAPUTOALACARTE.CA

Ingredients

Balsamic Reduction
- 2 cups (500 ml) balsamic vinegar
- 6 tsp (30 ml) honey

Stuffing
- 12 oz (340 g) Mozzarellissima cheese, grated
- 3 green or red apples, grated
- juice of half an orange
- 3 green onions, finely chopped
- 2 to 3 sprigs fresh thyme, stems removed
- olive oil, to taste
- salt and pepper, to taste
- 6 pork chops, butterfly cut

Metro Exclusive

Cooking with Vikram Vij, Part 2

Cook with Vikram Vij and Metro on Thursday. SUBMITTED

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafetida (optional)
- 2 tbsp finely chopped garlic (6 medium cloves)
- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCookLive METRO

Drink of the Week

Basil and Raspberry Smash

A unique combination of tart and sweet raspberries as well as basil, cranberry juice and simple syrup, this refreshing drink is perfect.

- 5 basil leaves
- 10 fresh raspberries
- 1.5 oz Luksusowa
- .5 oz simple syrup
- .5 oz cranberry juice
- Garnish: 2 fresh raspberries and a basil leaf

Muddle basil and raspberries in short glass. Add all other ingredients and fill glass 2/3 with crushed ice. Mix well and top up with ice. RECIPE: MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUSOWA VODKA/ PHOTO: YBIMC

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Presenting the power of communication

Skill of the speak.
The how-tos of delivering an effective and engaging presentation at work

SHAHEERAH KAYANI
TalentEgg.ca

From time to time, we are all faced with the challenge of delivering an effective presentation or communicating with others effectively to get our message across at work.

To deliver an effective presentation, it is important to first understand the communication model and the three components of communication.

The communication model begins with the sender (you). The sender encodes the message, the message goes through your chosen channel (such as a PowerPoint presentation), and the receiver (your audience) will then decode your message and respond with their feedback. There are also three very key elements that are the makeup of effective communication: 10 per cent content, 35 per cent vocal qualities, and 55 per cent body language and facial expressions.

Now that you understand the communication process, here are some tips on delivering an effective presentation:

Know your audience

It is very important to know your audience so that you can strategically relate your presentation topic and method of delivery to your audience. For example, if your audience is a panel of recruiters at a sales company (yes, an interview is probably one of your most important presentations!), you will need to dress professionally and present your work experiences and skills in a professional manner. But if your Early Childhood Education professor has given you the assignment of presenting to a group of preschoolers, then you will need to use age-appropriate terms and child-friendly activities. From my own personal experience as a business student, for example, Apple has been the most common presentation topic among my peers as we can all relate to the company and its products fairly easily.

Use visuals

Most of us are visual learners, and it can truly make your presentation so much better if you use visuals, such as images, diagrams, charts and videos, to support your presentation and message.

The classic presentation approach

Tell them what you are going to tell them, tell them, and tell them what you just told them.

This is the classic presentation approach that will help keep your presentation smooth and organized. Begin with an agenda, then the body of your presentation content, and finish off with a summary and conclusion.

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The amount of energy you demonstrate during your presentation will resonate with your audience, and keep them awake, listening and interested. And don't forget to smile. ISTOCK

Meeting mantra

Tell them what you are going to tell them, tell them, and tell them what you just told them.

Shaheerah Kayani
TalentEgg.ca

Practice makes perfect

Check with your school to see if they have a practice presentation room, or ask one of your professors or peers if you can rehearse in front of them.

- Remember, you don't want to monotonously read off your cue cards, but rather you should try to memorize the content and know it well enough so that you can present it.

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SPROTT SCHOOL OF BUSINESS

NHL playoffs. 'We gave them the game,' Crosby says

Sidney Crosby and Zdeno Chara mix it up during Game 1 on Saturday. THE ASSOCIATED PRESS

Sidney Crosby and the potent Penguins have been punchless.

Pittsburgh led the NHL in scoring in the regular season. It averaged 4.27 goals per game in the first two rounds of the playoffs. And it poured in 13 goals in the last two games of the Eastern Conference semi-finals.

Since then?

No addition necessary.

The Penguins have just one goal in two losses on their home ice to the Boston Bruins. To play there again this season, they must win Wednesday or Friday and avoid what seemed so improbable just a few days ago — being swept in the best-of-seven conference final.

"Right now, we're not liking the picture, down 0-2. They're in control," Penguins coach Dan Bylsma said. "I don't think we're frustrated by the fact that we haven't scored as much as (the fact that) they're getting up leads, especially in Game 2."

The Bruins won the opener 3-0 but led just 1-0 after two periods. The second game was much different. They rolled to a 4-1 lead after one period and remained aggressive in finishing off their 6-1 rout. The Penguins' effort waned as the game went on.

"I didn't do anything, didn't change anything. It felt like every time we had a puck that was bouncing, we ended up giving it away," Crosby said. "We gave them the game. We didn't really do anything to give ourselves a chance to win." THE ASSOCIATED PRESS

Federer a shadow of normal self in quarters

French Open. 17-time Grand Slam champ bids adieu following thrashing by Tsonga

A point from losing the first set of his French Open quarter-final, Roger Federer shanked a routine forehand, sending the ball 10 feet beyond the opposite baseline.

The Court Philippe Chatrier crowd roared with approval, then loudly chanted the last name of Federer's opponent, Frenchman Jo-Wilfried Tsonga.

That shot was a clear indication that Federer was hardly Federesque on this day. There were plenty of others: He argued with the chair umpire about a call. He dumped overhead smashes into the net. And in a truly rare ungraceful moment, he failed to put a racket to — or get out of the way of — a backhand flip by a sliding Tsonga, instead getting hit on the back.

All in all, Federer looked lost out there Tuesday against the sixth-seeded Tsonga, who pounded his way to a 7-5, 6-3, 6-3 victory over the 17-time Grand Slam champion in a one-hour, 51-minute mismatch remarkable for its lopsidedness and brevity.

"I struggled a little bit everywhere. To be honest, personally, I'm pretty sad about the match and the way I played. But that's how it goes. I tried to figure things out, but it was difficult. And Jo does a good job keeping the pressure on," Federer said.

"He was just ... better in all areas," continued Federer, whose lone French Open title, in 2009, allowed him to equal Pete Sampras' then-record of 14 major championships. "He returned better than I did. Served better than I did. I struggled to find my rhythm." THE ASSOCIATED PRESS

No surrender in Serena

Serena Williams came from behind in the third set to advance French Open semifinals for the first time since 2003 when she defeated Svetlana Kuznetsova 6-1, 3-6, 6-3.

- Williams had been beaten the last four times she reached the French Open quarters. The 15-time Grand Slam champion, who is ranked No. 1, won her only Roland Garros title in 2002.
- "I'm very happy to have won this quarter-final because the whole night I was afraid of my quarter-final match," she told the crowd in French on Tuesday. "It was a very tough match today, but it's good for me because, I don't know, but it's very good. I am exhausted."

It was not Roger Federer's day at the French Open on Tuesday — Frenchman Jo-Wilfried Tsonga beat him in straight sets. CLIVE BRUNSKILL/GETTY IMAGES

Calling it a career

Despatie retiring from diving

Three-time world diving champion Alexandre Despatie is retiring after an illustrious career that saw him burst on to the international scene as a 13-year-old phenomenon.

Despatie, 27, is the only diver to have won world championships in all three of the one-metre, three-metre and 10-metre events. THE CANADIAN PRESS

Phone call recording

Pranksters plead not guilty

Two Massachusetts men accused of secretly recording and selling a prank phone call involving two NFL general managers will remain free after pleading not guilty to federal wiretapping charges in New York. THE ASSOCIATED PRESS

Murder case

Pistorius stoic in court hearing

Oscar Pistorius stood for his entire 15-minute court hearing Tuesday, staring straight ahead, hands clasped in front of him and giving away little emotion as the world got its first closeup view of the double-amputee Olympian and murder suspect in nearly four months.

Pistorius faces a life sentence in prison, with a minimum of 25 years, if convicted of premeditated murder, the charge against him for the shooting death of Reeva Steenkamp. THE ASSOCIATED PRESS

Oscar Pistorius leaves court on Tuesday in Pretoria, South Africa. THE ASSOCIATED PRESS

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Pop and Spo show adds extra sizzle to finals

Stalking the sidelines. In championship series loaded with future Hall of Famers, coaches will also be front and centre

Four-time NBA champion head coach Gregg Popovich, left, of the Spurs will match wits with Heat bench boss Erik Spoelstra in the NBA finals, starting Thursday night in Miami. GETTY IMAGES

Other than being widely known by just the first syllable of their surnames, the coaches who will match wits in these NBA finals may seem like polar opposites.

Of course, they would probably disagree with that assertion.

Miami's Erik Spoelstra wears sharp suits and is a stats guy; San Antonio's Gregg Popovich often skips the tie and would prefer to answer questions about wine than anything about himself. Both are private, but heading into an NBA finals loaded with star power — the "Big Three" from Miami, the "Big Three" from San Antonio, a four-time MVP in LeBron James, a four-time champion in Tim Duncan — the coaches will share misery in one way.

To their chagrin, Spo and Pop will be in the spotlight in the series starting Thursday night.

Spoelstra is in the finals for the third straight year and looking for a second straight title. Popovich is going for his fifth title.

So far, only Phil Jackson, Red Auerbach, John Kundla and Pat Riley have five rings as a head coach.

"Maybe I don't show it the way I should, but it's pretty special," Popovich said after his team beat Memphis for the West title. "I'm just really proud of the group.... I'm sure that we've been a team that's probably been written off like they've had their day."

Spoelstra took over for Riley five seasons ago, has won nearly twice as many games as he's lost and has endured constant distractions ever since the Heat acquired James and Chris Bosh to play alongside Dwyane Wade in 2010.

By now, Spoelstra doesn't notice what he calls "the noise." During the Eastern Conference championship celebration Monday night, Spoelstra's mind drifted away from the grind of facing the Indiana Pacers.

"It's one of those few times in competitive team sports you're not thinking about tomorrow, you're not thinking about the previous games.... All you're thinking about is the desperation of that moment," Spoelstra said. "That's a great place to live." THE ASSOCIATED PRESS

Raptors introduce Ujiri

From the Rockies to a hard place

Masai Ujiri left one of the NBA's biggest success stories this season to salvage a team that has never tasted triumph.

And when the new Toronto Raptors general manager was introduced to the media on Tuesday, he summed up his decision with two simple words: "I'm home."

"It was a tough decision to leave Denver. It was an easy decision to come here," Ujiri said at Air Canada Centre. "I'm home. I love Toronto. I love this place."

The NBA executive of the year with the Denver Nuggets replaces Bryan Colangelo, the man who was once Ujiri's mentor in Toronto. The 42-year-old Ujiri was an assistant GM with Toronto for three seasons before leaving for Denver in 2010. Colangelo remains the Raptors' team president, while Ujiri is president and GM of basketball operations.

The Nigerian-born Ujiri has been tasked with turning around a franchise that hasn't made the playoffs in five years, and has only advanced past the first round once in 18 seasons.

"It's not all bad, there's plenty good about it," he said. "It's our job to make it better. It's our job to create a winning environment and that's why I'm here."

Ujiri said he won't rush his decision on the fate of head coach Dwane Casey.

"I've talked to Dwane Casey a couple times and we're going to sit down and I want to understand what his philosophies are and I'll tell him what my philosophies are or what I think needs to be changed," said Ujiri, who added he didn't see "any reason" why Casey wouldn't coach the team next season. THE CANADIAN PRESS

Masai Ujiri speaks to reporters on Tuesday in Toronto THE CANADIAN PRESS

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 2-0)
Monday's result
Boston 6 Pittsburgh 1
Saturday's result
Boston 3 Pittsburgh 0
Wednesday's game
Pittsburgh at Boston, 8 p.m.
Friday's game
Pittsburgh at Boston, 8 p.m.
Sunday's game
x-Boston at Pittsburgh, 8 p.m.
Tuesday, June 11
x-Pittsburgh at Boston, TBD
Wednesday, June 12
x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-0)
Tuesday's result
Chicago at Los Angeles
Sunday's result
Chicago 4 Los Angeles 2
Saturday's result
Chicago 2 Los Angeles 1
Thursday's game
Chicago at Los Angeles, 9 p.m.
Saturday's game
x-Los Angeles at Chicago, 8 p.m.
Monday, June 10
x-Chicago at Los Angeles, 9 p.m.
Wednesday, June 12
x-Los Angeles at Chicago, TBD
x — played only if necessary

NBA PLAYOFFS

FINAL

(Best-of-7)

MIAMI (1) VS SAN ANTONIO (2)

Thursday's game
San Antonio at Miami, 9 p.m.
Sunday's game
San Antonio at Miami, 8 p.m.
Tuesday, Jun. 11
Miami at San Antonio, 9 p.m.
Thursday, Jun. 13
Miami at San Antonio, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	35	23	.603	—
Baltimore	32	25	.561	2½
New York	32	25	.561	2½
Tampa Bay	31	25	.554	3
Toronto	24	33	.421	10½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	30	25	.545	—
Cleveland	30	27	.526	1
Minnesota	25	29	.463	4½
Chicago	24	31	.436	6
Kansas City	23	31	.426	6½

WEST DIVISION

	W	L	Pct	GB
Texas	35	21	.625	—
Oakland	35	24	.593	1½
Los Angeles	25	33	.431	11
Seattle	25	33	.431	11
Houston	21	37	.362	15

Tuesday's results
Cleveland at N.Y. Yankees
Tampa Bay at Detroit
Texas at Boston
Baltimore at Houston
Minnesota at Kansas City
Chicago Cubs at L.A. Angels
Chicago White Sox at Seattle
Monday's results
N.Y. Yankees 7 Cleveland 4
Houston 2 L.A. Angels 1
Seattle 4 Chicago White Sox 2
Wednesday's games — All times Eastern
Cleveland (Kluber 3-3) at N.Y. Yankees (Sabathia 5-4), 1:05 p.m.
Chicago White Sox (Axelrod 3-4) at Seattle (Iwakuma 6-1), 3:40 p.m.
Chicago Cubs (Garza 1-0) at L.A. Angels (Vargas 5-3), 7:05 p.m.
Tampa Bay (Cobb 6-2) at Detroit (Fister 5-2), 7:08 p.m.
Texas (Ogando 4-2) at Boston (Lackey 3-5), 7:10 p.m.
Baltimore (Garcia 2-2) at Houston (Keuchel 2-2), 8:10 p.m.
Minnesota (Walters 2-0) at Kansas City (Guthrie 5-3), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	35	22	.614	—
Washington	28	29	.491	7
Philadelphia	28	30	.483	7½
New York	22	32	.407	11½
Miami	16	42	.276	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	19	.667	—
Cincinnati	36	22	.621	2½
Pittsburgh	35	23	.603	3½
Chicago	23	32	.418	14
Milwaukee	21	35	.375	16½

WEST DIVISION

	W	L	Pct	GB
Arizona	32	25	.561	—
San Francisco	30	27	.526	2
Colorado	30	28	.517	2½
San Diego	26	31	.456	6
Los Angeles	24	32	.429	7½

Tuesday's results
Miami at Philadelphia
N.Y. Mets at Washington
Colorado at Cincinnati
Pittsburgh at Atlanta
Oakland at Milwaukee
Arizona at St. Louis
San Diego at L.A. Dodgers
Toronto at San
Monday's results
Philadelphia 7 Miami 2
Cincinnati 3 Colorado 0
Atlanta 7 Pittsburgh 2
Oakland 10 Milwaukee 2
St. Louis 7 Arizona 1
L.A. Dodgers 2 San Diego 1
Wednesday's games — All times Eastern
Pittsburgh (Rodriguez 6-3) at Atlanta (Teheran 3-2), 12:10 p.m.
Miami (Turner 1-0) at Philadelphia (Hamels 1-9), 1:05 p.m.
Oakland (Colon 6-2) at Milwaukee (Gallardo 4-5), 2:10 p.m.
Toronto (Dickey 4-7) at San Francisco (Zito 4-3), 3:45 p.m.
N.Y. Mets (Gee 3-6) at Washington (Haren 4-6), 7:05 p.m.
Colorado (Garland 3-6) at Cincinnati (Cueto 3-0), 7:10 p.m.
Arizona (Miley 3-5) at St. Louis (Kelly 0-2), 8:15 p.m.
San Diego (Marquis 6-2) at L.A. Dodgers (Kershaw 5-3), 10:10 p.m.

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2014 Mitsubishi Mirage

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Mitsubishi Mirage

- **Type.** Four-door, front-wheel-drive sub-compact hatchback
- **Engines (hp).** 1.2-litre DOHC three-cylinder (74hp)
- **Transmissions.** Five-speed manual; continuously variable (CVT)
- **Base price (incl. destination)** $13,000 (est.)

Design

The car is larger than the Chevrolet Spark, for example, in most key exterior measurements by five to 7.5 centimetres. However, it's more petite than other competitors, notably the Ford Fiesta, Honda Fit and Hyundai Accent hatches.

The dash is simple yet tasteful.

Fuel Economy

Contemplating a vehicle this small usually involves compromises and in the Mirage's case you give up room in return for exemplary fuel economy. Mitsubishi is estimating 5.3 l/100 km in the city and 4.4 in the highway. That beats the Chevy Spark's 6.3/5.1 rating and even surpasses the Smart Fortwo's 5.8/4.7.

Engine

The Mirage's pump-passing nature comes from a 1.2-litre three-cylinder engine that generates a modest 74 horsepower and 74 pound-feet of torque. Matched with it is your choice of a five-speed manual transmission or optional continuously variable unit (CVT).

Review. Yet another global small car finds a home in North America

MALCOLM GUNN
wheelbasemedia.com

It's lean times these days for Mitsubishi fans. With only a variety of Lancer and Outlander models plus the iMiEV electric car on showroom floors, product diversity is definitely lacking. Fortunately, some relief is at hand in the form of the 2014 Mirage sub-compact.

In the distant past, various Mirages were imported to North America wearing Mitsubishi, Dodge and Plymouth labels (Chrysler and Mitsubishi once worked closely together). That well dried up after the 2002 model year, but it will be at least partially replenished this fall by a small four-door hatchback that the automaker promises will be one of the most fuel-efficient non-hybrids you can buy.

The new five-passenger Mirage hatchback, currently manufactured in Thailand for Mitsubishi's European and Asian markets, is due here this fall.

A quick walk-around confirms that the vehicle's diminutive appearance is no, uh, mirage. The little zipper is perched low to the ground on tiny 14-inch wheels that would seem right at home on a Smart ForTwo. The rounded and somewhat stubby front gives the car a cute-in-its-own-way appearance that belies its wind-cheating drag coefficient. Although the front doors and liftgate are generously sized, smallish rear doors and a sloping roofline hamper three-in-a-pinch rear-seat access.

The interior appointments are simple, yet tasteful, with easy-to-read gauges and controls that gibe with the Mirage's practical nature. The 60:40 split rear seat can be folded down for added stowage (although you won't get a perfectly flat load floor), but even when occupied there's reasonable space for groceries and gear. Just don't plan to stash your golf clubs back there.

The trunk is space is decent considering the size of the car.

Since the sub-compact Spark is on-the-road base-priced at $13,350, it's likely the Mirage will undercut that, although there's no final word yet. The base SE actually comes with a decent list of features, such as tilt steering, keyless entry, power windows and outside mirrors, a 140-watt four-speaker audio system and an eco indicator that lights up when you're operating in a fuel-saving manner. The Mirage also has seven standard airbags, including a driver's knee inflatable.

Move up to the premium model and the content list is expected to include automatic climate and speed control, alloy wheels, steering-wheel-mounted audio switches, fog lamps and keyless entry and a start/stop button. The Mirage will never be confused for a junior-sized luxury car — leather seats, sunroof and other niceties aren't offered — but as a short-haul urban commuter it's the right car for the job.

Compare

1 Chevrolet Spark
Base price: $13,350

2 Scion iQ
Base price: $18,000

3 Fiat 500
Base price: $17,700

5 DRIVE

Billionaire Musk says Supercharge me

Autopilot. Versatile multi-tasker behind Tesla to build risky North America-wide charging network

AUTO PILOT
Mike Goetz
drive@metronews.ca

Leave your car for 20 to 30 mins for three hours of driving. BOTH PHOTOS HANDOUT

The futuristic charger will soon eclipse the gas pump.

Tesla is not waiting. You other electric car companies and various government jurisdictions can just keep combing your hair and looking for your wallet and house keys. Tesla is heading out the door. That's the gist of Tesla's announcement last week about its intent to build a continent-wide network of charging stations, all by its lonesome.

Supercharging

The network will utilize the new Tesla "Supercharger," currently in beta testing and scheduled to roll out to customers this summer.

The technology will allow the Tesla Model S to be charged at 120 kW, replenishing three hours of driving in about 20 to 30 minutes — just enough time for a double-double and a bodily-function break. You're then free and able to drive off to another city, and another supercharger station, and to repeat that process as many times as you would like.

In a statement, Tesla said the Supercharger network will enable Tesla owners "to travel long distances, for free, indefinitely." Yes, free fuel. But indefinitely? I don't think that can actually work, unless you're one of those teenage vampires.

The Network

Currently Tesla already has a network that services California and Nevada on the west coast, and the Washington, DC to Boston region on the east coast. By next month, the number of stations will triple to cover more regions, including the northwest (Vancouver to Seattle to Portland).

Within six months the network will purportedly connect "most of the major metro areas in the U.S. and Canada," including Ottawa to Montreal. Apparently, it will then be possible to travel diagonally across the U.S. from Los Angeles to New York using only the Tesla Supercharger network. And within a year, the network will, according to the statement, "stretch across the continent, covering almost the entire population of the U.S. and Canada."

The man behind Tesla

The Tesla charging network is just one more bold move by Elon Musk, the enigmatic co-founder, CEO and Product Architect of Tesla Motors. Other things on the billionaire's resumé: co-founder of PayPal; co-creator and principle shareholder of SolarCity, the leading provider of solar power systems in the U.S.; chief designer at SpaceX, which does a lot of things in space with rockets, like shuttling cargo back and forth from the International Space Station. Sometimes one strong, determined and capable person taking a calculated risk is the only way big things can get done. Otherwise it's a quagmire of committees, special interest groups and over thinking. But while I admire Elon Musk, I'm not sure I like him. He's making the rest of us look bad. Especially those of us who struggle with decisions. Do I have trouble making decisions? Well, yes and no.

Car colours: there's protection in that paint

Driving force. Several different layers laid on and cured on the factory floor are all part of the long term battle against corrosion

JIL MCINTOSH
drive@metronews.ca

Cleaner process

"We now have one bake for all three layers, which lowers the carbon footprint by anywhere from 15 to 25 per cent and the energy saving is very significant."

Tim Weingartz, paint materials and strategy manager for Ford Motor Company
On how the latest painting technology is easier on the environment

Take note

- **Extra $.** Some car colours are extra-charge because some pigments, notably red, are costlier to manufacture. Metal flake can also drive up the paint's price.
- **Energy sapping.** Painting requires a lot of power, and can account for more than half of an auto plant's energy consumption.
- **Creative.** Auto colour designers work with many influences, including fashion design, to develop new paint shades for vehicles

Your vehicle goes through a lot more phases than you might think on the factory floor. PHOTO: FORD MOTOR COMPANY

You might think your vehicle's paint is all about it looking good, but it's just half the story.

That paint job actually involves a multi-stage process that's as much about protecting the metal from corrosion as it is about appearance.

The first step starts before the car is even built. "The steel comes in as a coil with a zinc layer that's applied at the mill," says Tim Weingartz, paint materials and strategy manager for Ford Motor Company.

"The zinc is the first layer for corrosion protection."

The steel is made into a vehicle body, which is then dipped into two different tanks, each containing more than 60,000 litres of corrosion-resistant coating materials.

The body is then baked at 180 degrees Celsius to cure the coatings. These, plus that first zinc coating, provide three initial layers of protection against rust.

The first paint step is primer. It protects the top anti-corrosion layer from sunlight, which can make it go chalky, and it provides a smooth base for the paint.

Since it's a relatively elastic coating, it also absorbs the energy when debris hits it, helping to prevent stone chips.

"After that, we put on the layer that everyone thinks of as the paint," Weingartz says.

"It's typically a base coat which contains the colour and pigment. Over top of that, we apply clear coat. It's a superior barrier and it gives the car that depth of appearance that adds to the esthetics of the vehicle."

Some colour coats contain tiny flakes of aluminum or mica. Known as "metallic" paints, these give the finish an extra glimmer. All of the primer, paint, and clear coat layers together are about as thick as a human hair.

Once the final clear coat layer is applied, the vehicle is baked again to cure the paint.

"We used to bake the primer separately, and then the base coat and clear coat," Weingartz says. "We now have one bake for all three layers, which lowers the CO2 footprint by anywhere from 15 to 25 per cent, and the energy saving is very significant. The lean process has elevated us environmentally, and it's a cost savings, too."

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Monthly/Bi-weekly payments based on a purchase price of $12,395/$14,145/$27,995 with $0 down payment. ♦$3,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 Chevrolet Traverse LS and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. */‡/♦Freight & PDI ($1,500/$1,550/$1,550/$1,550/$1,550), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2013 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. 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2013 Dodge Grand Caravan Crew Plus shown.§

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Horoscopes

♈ Aries
March 21 - April 20
You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

♉ Taurus
April 21 - May 21
Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

♊ Gemini
May 22 - June 21
You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

♋ Cancer
June 22 - July 23
A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

♌ Leo
July 24 - Aug. 23
According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

♍ Virgo
Aug. 24 - Sept. 23
Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

♎ Libra
Sept. 24 - Oct. 23
If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

♏ Scorpio
Oct. 24 - Nov. 22
An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

♐ Sagittarius
Nov. 23 - Dec. 21
Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

♑ Capricorn
Dec. 22 - Jan. 20
You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

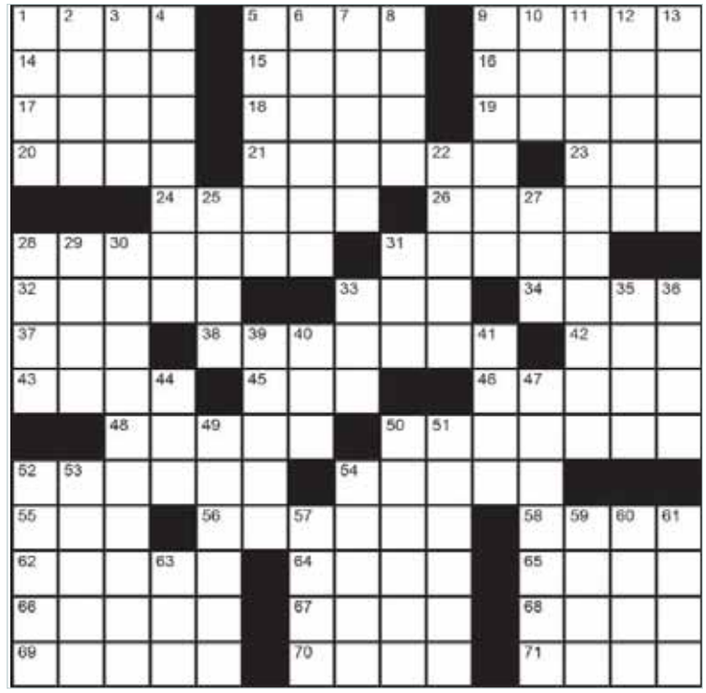
♒ Aquarius
Jan. 21 - Feb. 19
Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

♓ Pisces
Feb. 20 - March 20
If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

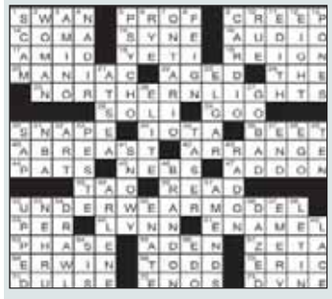
BY KELLY ANN BUCHANAN



Across
1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall†hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, __ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the __" by Loverboy
52. Edvard Munch painting, The __
54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this: _____
62. Melanie Griffith movie, "A Stranger __ Us" (1992)
64. Bit of knowledge
65. Concept
66. Orange __ tea
67. Computer company
68. "__ the time!" (Go for it!)
69. Place
70. Gave the once over
71. "Anything __?"

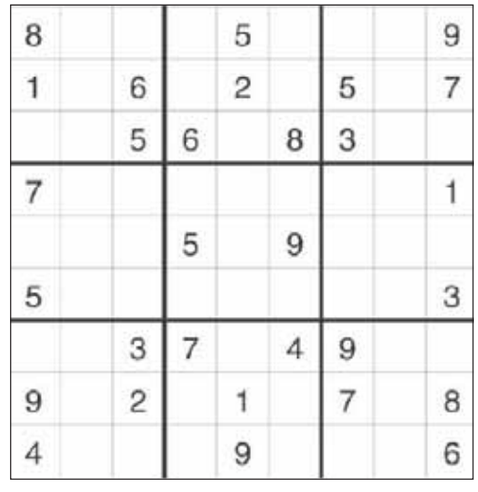
Down
1. PC alternatives
2. Lingering sound
3. "Excuse me..."
4. In†reality: 2 wds.
5. Gloomy
6. Foolish
7. Rapscallion
8. Send to the boxing - d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, __ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me _ __ where the buffalo..."
40. Log Z's
41. Wasn't truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49.Prepped groceries at the cash
50. Breakfast appliance, __ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "__ _ thousand times."

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	5	3	8	4	2	9	6	1
1	2	8	5	9	6	7	4	3
6	4	9	7	1	3	5	8	2
9	1	7	6	5	8	2	3	4
4	3	6	2	7	9	8	1	5
2	8	5	4	3	1	6	7	9
8	7	4	3	2	5	1	9	6
5	6	1	9	8	4	3	2	7
3	9	2	1	6	7	4	5	8

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Thursday
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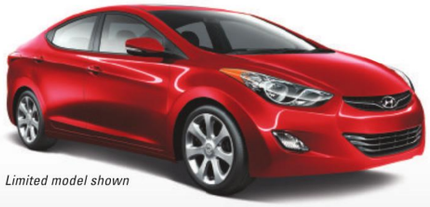
OR GET UP TO $10,000 IN PRICE ADJUSTMENTSΩ

CELEBRATE WITH OUR LOWEST PAYMENTS OF THE YEAR



Limited model shown

INCLUDES: 6 AIRBAGS • iPOD®/USB/AUXILIARY INPUT JACKS • POWER WINDOWS & DOOR LOCKS • ABS WITH TRACTION CONTROL SYSTEM • DUAL HEATED POWER EXTERIOR MIRRORS

2013 ELANTRA L

SELLING PRICE: $15,980• ELANTRA L 6-SPEED MANUAL. $1,500 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.2**L/100 KM
CITY: **7.1**L/100 KM▼

2012 CANADIAN AND NORTH AMERICAN CAR OF THE YEAR

OWN IT FOR $77 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $1,500 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

EQUIPPED WITH SUNROOF AND 16" ALLOY WHEELS

Limited model shown

INCLUDES: AIR CONDITIONING • HEATED FRONT/REAR SEATS • AUXILIARY MP3/USB/iPOD® INPUT • SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • POWER SUNROOF

2013 SONATA GLS

SELLING PRICE: $26,700• SONATA GLS AUTO. $1,000 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **5.6**L/100 KM
CITY: **8.7**L/100 KM▼

★★★★★ AWARDED THE HIGHEST GOVERNMENT CRASH SAFETY RATING▲ — *U.S. NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION*

OWN IT FOR $128 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $1,000 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

Limited model shown

INCLUDES: AIR CONDITIONING • EZ LANE CHANGE ASSIST • DOWNHILL BRAKE CONTROL AND HILLSTART ASSIST • REAR SPOILER • iPOD®/USB/MP3 AUXILIARY INPUT JACKS

2013 TUCSON L

SELLING PRICE: $20,645• TUCSON L 5-SPEED MANUAL. $1,250 PRICE ADJUSTMENTΩ, FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **7.7**L/100 KM
CITY: **10.4**L/100 KM▼

OWN IT FOR $99 BI-WEEKLY | WITH 0%† FINANCING FOR 96 MONTHS | INCLUDES $1,250 IN PRICE ADJUSTMENTSΩ

NO MONEY DOWN

Limited model shown

INCLUDES: SIRIUS XM™ RADIO WITH BLUETOOTH® HANDS FREE PHONE SYSTEM • VEHICLE STABILITY MANAGEMENT W/ESC & TRACTION CONTROL SYSTEM • HEATED FRONT SEATS • FOG LIGHTS • ACTIVE ECO SYSTEM

2013 SANTA FE 2.4L FWD

SELLING PRICE: $28,395• SANTA FE 2.4L FWD AUTO. FEES, DELIVERY & DESTINATION INCLUDED. PLUS HST.

HWY: **6.7**L/100 KM
CITY: **10.1**L/100 KM▼

2013 CANADIAN UTILITY VEHICLE OF THE YEAR

OWN IT FOR $148 BI-WEEKLY | WITH 1.99%† FINANCING FOR 96 MONTHS

NO MONEY DOWN

5 YEAR WARRANTY

5-year/100,000 km Comprehensive Limited Warranty††
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

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™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2013 Elantra L 6-Speed Manual/Sonata GLS Auto/Tucson L 5-Speed Manual/Santa Fe 2.4L FWD Auto with an annual finance rate of 0%/0%/0%/1.99% for 96 months. Bi-weekly payments are $77/$128/$99/$148. No down payment required. Cost of Borrowing is $0/$0/$0/$2,344. Finance offers include Delivery and Destination of $1,495/$1,565/$1,760/$1,760 fees, levies, and all applicable charges (excluding HST). Finance Offers exclude registration, insurance, PPSA and license fees. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2013 Elantra L 6-Speed Manual for $15,980 (includes $1,500 price adjustment) at 0% per annum equals $77 bi-weekly for 96 months for a total obligation of $15,980. Cash price is $15,980. Cost of Borrowing is $0. Example price includes Delivery and Destination of $1,495, fees, levies, and all applicable charges (excluding HST). Example price excludes registration, insurance, PPSA and license fees. ▼Fuel consumption for 2013 Elantra Sedan L 6-Speed Manual (HWY 5.2L/100KM; City 7.1L/100KM)/Sonata GLS Auto (HWY 5.6L/100KM; City 8.7L/100KM)/Tucson L 5-Speed Manual (HWY 7.7L/100KM; City 10.4L/100KM)/Santa Fe 2.4L FWD Auto (HWY 6.7L/100KM, City 10.1L/100KM) are based on Energuide. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ♦Price of models shown: 2013 Elantra Limited/Sonata Limited/Tucson Limited AWD/Santa Fe 2.0T Limited AWD are $24,930/$30,700/$34,245/$40,395. Prices include Delivery and Destination charges of $1,495/$1,565/$1,760/$1,760, fees, levies, and all applicable charges (excluding HST). Prices exclude registration, insurance, PPSA and license fees. ΩPrice adjustments are calculated against the vehicle's starting price. Price adjustments of up to $1,500/$1,000/$1,250 available on 2013 Elantra L 6-Speed Manual/Sonata GLS Auto/Tucson L 5-Speed Manual. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †Ω♦Offers available for a limited time, and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.

Visit your local Ottawa area Hyundai Dealer

Hyundai Pembroke
1945 Petawawa Blvd.
Pembroke, 613-735-5636

Myers Kanata Hyundai
400-2500 Palladium Dr.
Kanata, On 613-592-8883

Myers Hyundai
164 Robertson Rd.
Ottawa, 613-721-4567

Hyundai on Hunt Club
390 Hunt Club Road West
Ottawa, 613-688-3600

Bank Street Hyundai
2788 Bank St.
Ottawa, 613-739-7530

Pathway Hyundai
1375 Youville Dr.
Orleans, 613-837-4222

Harmony Hyundai
293 Pigeon St.
Rockland, 613-446-2220

Surgenor Hyundai
895 St. Laurent Blvd.
Ottawa, 613-741-1800